

Nip, tuck, tweak  
your life in 10  
super steps

2 scions of wealthy  
families held for 'ecstasy'  
tablets in Pasig City



'Silent Majority'  
group runs UP refusal  
to host prayer rally

Massive tunnel used  
by drug traffickers found  
under Mexico-US border

## Knockout empanaditas served at Palace welcome



By Christine Arendano

**NONI COMES PACQUIAO**  
Empanadas, the country of  
champions.  
Palace executive chef  
Bates Lucena created an  
empanada's chicken  
blast tomorrow for Filipinos

PHOTOGRAPH BY AP

email: feedback@inquirer.com.ph



## Bishops get hate mail, too, but they don't read them

By Christine V. Eggera

**THE CATHOLIC BISHOPS** SOMEBODY OF THE  
Philippines (CBCP) has received a steady stream  
of angry messages a few days before it's set to  
draft a pastoral statement on the national election.  
The messages were mostly in the form of letters,  
but messages and e-mails, the bishops learned.

PHOTOGRAPH BY AP



THE STREETS OF MANILA had never seen anything like it. They could hardly contain the wildly cheering crowds, the pride, jubilation and affection of Filipinos who have been on a desperate search for fairness.

# Multitudes cheer RP idol



VIEW FROM THE TOP of a multi-story building in Binondo with its balconies overflowing with fans of Manny's victory.

## Five-hour parade stops work, traffic, even the rain

By Rob Centeno

IN THE WORDS OF AN AVID  
"Porkman" fan, this is how Filipinos  
celebrate a "clean" victory.

With a crowd-drawing power second to none, this day's celebration of politics, festivity, religion, history, and nature returned home yesterday to the cheer of tens of thousands in the streets of Manila and Quezon City, five days after crushing a Mexican boxing legend.

Manually carried up for his five-hour victory parade, postponing lunch, shopping, classes, or leaving work just for a glimpse of the 27-year-old fighter in a municipal route. Every if it rained on his parade, the sun was up in the hearts of the adoring multitudes.

Freddie Beltran, a 35-year-old street vendor from North Manila, came as early as three hours before the parade started, holding up a message of President's love: a photo of which she had nearly passed on children.

"Everybody's happy because we all know he won fair and square. His victory was clean," he said in Filipino, in an apparent reference to the country's tarnished political system.

Non-stop applause greeted Pacquiao

MULTITUDES A4



AND THE PUNCHLINE is... President Arroyo wins Round 1 at the Palace where the Pacquiao and his family receive a knockout welcome reception. Flanking him from left are his father Raulito, wife Jinky and mother Gloria. (PHOTOGRAPH BY AP)

## Politicians ride on Pacquiao mania

By Christine O. Arendano,  
Tara V. Quinsada  
and Gil C. Calasagang Jr.

FOR A MOMENT YESTERDAY, President Macapagal-Arroyo and Manny Pacquiao seemed to have crossed their fate, he standing like a politician and she sitting like a boxing sensation.

Indeed, Manila's streets turned into a boxing arena where the words of boxing and politics met.

The occasion was Ma Arroyo's welcome for the People's Champion on his return from the United States following his destruction of Mexican legend Erik Morales.

"These last seven months, my

father or wife (I wish that we will always be united whether I have a fight or not)," Pacquiao told cheering employees at Makabansang's Makabansang Hall.

But the unity appeared not to include Manila City. While Mayor Jejomar Binay called, Manila Mayor Lito

POLITICIANS A4

## Marcos loot suspected used in polls

By Philip C. Tabasa

THE RECOVERED MARCOS MONEY should not have been used for the Department of Agriculture's farm input program because not one farmer organization has come forward to say it received benefits from the program, Sen. Ramon Magsaysay Jr. said yesterday.

Magsaysay said the P544 million taken from the PDS billions in the late strongman Ferdinand Marcos' Swiss bank deposits for the DA, Government Management and Anti-Corruption hybrid rice

program would have been better spent by the Department of Agriculture, which was in dire need of funds for the Cooperative Development and Extension Program.

"They shouldn't have touched that,"

MARCOS A4

## Left-Right alliance vs GMA confirmed

By Norman Benedito  
and Luisa A. del Puerto

A MILITANT PARTY-LIST REPRESENTATIVE and a military-political adviser linked in coup attempts in the late 1980s confirmed yesterday the reported link-up between the Left and military rebels in a campaign to oust President Macapagal-Arroyo.

"Disgraced officers of the Armed Forces and the Philippine National Police are reaching out to people's organizations to get support for their grievances," Bayan Muna Rep. Rodolfo Canlas told reporters at the weekly Kapitan sa Nibugay in Quezon City. Canlas said that as in the

court of Presidents Ferdinand Marcos and Joseph Estrada in 1986 and 2001, the military's withdrawal of support would be "crucial" to the removal of Ma Arroyo from power.

"The short-term role of the center will be determined, on a large extent, by what the people's movement can accept," the lawmaker said.

At the same forum, retired Navy Commander Benito Robles said it was "natural" for the Left and the Right to work with each other, "especially because they were once together in doctrine."

He was referring to the time in the 1980s when some politicians



GETTING TO KNOW YOU: Central Democratic Initiative (CDI) is an organization for the Asia-Pacific region. From left, ex-PM of Spain and CDI president Jose Aznar; Ph. Arroyo, Ramon, De Venecia and Thai deputy PM Surinrat.

## JDV heads 1st Asia-Pacific centrist party

By Michael Lim-Uric

TAKING WHAT THEY SAID WAS a first step toward political and economic integration in Asia, parliamentary leaders from Europe and Asia yesterday signed a declaration establishing a region of Asia-Pacific zone of the Central Democratic Initiative. International and elected Speaker Jose Ma. Velasco Jr. said the pact was a first step.

The accord binds all member parties to end conflicts in the region through peaceful dialogue, peace talks, creation of an Asian fund to end poverty and strengthening the role of political parties as instruments of development.

De Venecia said the Manila declaration was the "first step" toward a European Union-type of Asia-Pacific zone.

JDV HEADS A4

# Second FRONT PAGE

Free access to the front page content online at [www.inquirer.com](http://www.inquirer.com)

## RP to bring custody issue to Condi

A SENIOR FOREIGN AFFAIRS OFFICIAL YESTERDAY said the custody issue over the four United States Marines in the Subic bay case could reach "higher" official levels in the US "very soon."

The highest US authority that would make the issue would be Secretary of State Condoleezza Rice, the State Dept. official said. The State Dept. is now in the process of reviewing the case and will make a decision on whether to bring the case to the US "very soon."

Against the State Dept. official said, the State Dept. is now in the process of reviewing the case and will make a decision on whether to bring the case to the US "very soon."

The State Dept. official said, the State Dept. is now in the process of reviewing the case and will make a decision on whether to bring the case to the US "very soon."

Representations have passed a concerned localities, saying President Managlap Alingo in response to the US and emergency in the form of the case.

According to the State Dept. official, the State Dept. is now in the process of reviewing the case and will make a decision on whether to bring the case to the US "very soon."

The State Dept. official said, the State Dept. is now in the process of reviewing the case and will make a decision on whether to bring the case to the US "very soon."

The State Dept. official said, the State Dept. is now in the process of reviewing the case and will make a decision on whether to bring the case to the US "very soon."

### Newsbriefs

**SC junks Garcia's petition**  
THE SUPREME COURT YESTERDAY JUDGED PETITION MAN SCARLETT GARCIA'S petition questioning the constitutionality of the Anti-Domestic Violence Act (ADVA) as unconstitutional. The ruling, in effect, gave the go-ahead to the law.

**THO stops Pinksy custody case hearing**  
MAGDOLO CITY. THE COURT OF APPEALS IN CAGAYAN CITY HAS ORDERED the temporary stay of the custody case of Pinksy P. Pinksy against the State.

**Attorney cleared of graft**  
THE SUPREME COURT HAS CLARIFIED MAGDOLO CITY MAYOR LITO Alarcon's alleged charges of graft. The court ruled that the mayor was not guilty of the charges.

## Group laments UP refusal to host prayer rally

By Christian F. Aguirre

LOS ANGELES. A BATTION of freedom of religion, the University of the Philippines has denied the holding of a prayer rally after indicating neither a host nor problem having the affair, one of the rally's organizers said yesterday.

Pl. Robert Reyes, spokesperson of the Silver Majority Prayer Movement, said the University of the Philippines has denied the holding of a prayer rally after indicating neither a host nor problem having the affair, one of the rally's organizers said yesterday.

Reyes said that the request was "too good to be true." He said that the request was "too good to be true." He said that the request was "too good to be true."

The request, which is led by University Chaplain R. R. Reyes, said that the request was "too good to be true." He said that the request was "too good to be true."

The request, which is led by University Chaplain R. R. Reyes, said that the request was "too good to be true." He said that the request was "too good to be true."

Sanjiban junks graft case vs Pineda  
THE SANJIBAN COURT HAS JUDGED Pineda's petition questioning the constitutionality of the Anti-Domestic Violence Act (ADVA) as unconstitutional.

The court ruled that the petition was not valid. The court ruled that the petition was not valid. The court ruled that the petition was not valid.

The court ruled that the petition was not valid. The court ruled that the petition was not valid. The court ruled that the petition was not valid.



Presenting the 1<sup>st</sup> 7-year financing plan with 10% downpayment - on all BMW models.

- Low downpayment of 10%, starting at P19,900 on a BMW 1 Series.
- Low monthly payments, for as low as P39,000 a month on a BMW 1 Series.
- Sheer driving pleasure spread across 7 years.

The best BMW models - the youngest and widest range of models in the premium segment today - now available through BMW's new 7-year financing plan.

Drive your Dream  
BMW



# PROPERTY

## Developers assure homebuyers of consistently safe homes



By Tessa R. Salazar

**H**AVE CONDO UNIT buyers or house hunters ever crossed their mind that in developing homes to fill up the demand, some building processes are being compromised, especially in the aspect of building safety?

Builders, of course, are quick to explain that the case.

### Safety standards

"While developers have to fill up the demand, building processes, especially safety aspect, will never be compromised," said RBA Philippines country president and CEO Elio Ibarra. RBA is a well-established firm, whose parent company is based in Singapore.

Ibarra also mentions that the Philippine Building Code is a reference to safety standards. Even so, several of quality products are used on their end built in the Philippines.

"I do not believe this is happening as there are safety standards promulgated by the Building Code as well as RBA's own regulations, which protect the buying public," said Marvin Alvarado, vice president and head of Ayala Land Inc.'s former and lifestyle communities.

He added that the end result would be to ensure that not just a consistent set of regulations but consistent enforcement as well.

### Assurance

Raulito E. Aguilar, general manager for Robinsons Land Corp.'s high-rise buildings division, assures consumers of SLC development that they could sleep in peace every night.

"Unfinished developers, such as Robinsons Land Corp. are constrained in complying with the Building Code to ensure safety and structural integrity of the buildings," he said.

Asked what structures would be in the immediate past, developers can build just to ensure completion, then up vertical and horizontal developments would be built.

Alvarado said that both would be in demand as there seems to be no distinct trend emerging favoring one form of development over the other.

"When it comes to price points, as of course the more affordable units, suburban houses, are sold at a faster rate. The high-end market continues to be a stable seller for Ayala Land Inc.," he added.

Aguilar agreed that horizontal and vertical developments would continue to enjoy robust demand.

### Vertical vs

Ibarra, however, stressed that vertical developments would be more in demand this year as most urban-based developers are lean for the time.

With rising land rates, he explained, people understand the need to live within the city and the only viable and affordable option is condominiums. "But all, not every unit gets to follow with condo living, having been exposed to world-class condominiums in foreign markets," he said.

Join us for the Grand Open House this Sunday

Discover daily resort living at *Bali Mansions*

In this resort city, every Bali-inspired home is made uniquely for families who seek both exclusivity and convenience. Every home at Bali Mansions provides a close sense of style. A premium warm and secure environment where neighbors can easily become friends and friends become your family. As you all share a common belief in the finest things in life, Bali Mansions is South Forbes Golf Club. This is a rare dream that is right within your reach.

Own a Mansion for as low as **P 20T monthly** with **FREE** membership to the world-class, 18-hole South Forbes Golf Club.

## Last few residential lots at Laguna BelAir South Drive

POWER OF COMING TO ENJOYING in real estate, individuals have been able to diversify their investments. And one of the most important considerations is how much freedom they have to design and build their dream homes.

The leading housing developer Empire House Land Holdings Inc., along with home buyers who want to live in a peaceful area, Empress has been doing its classic residential lots in Laguna BelAir South Drive, which allows for buyers the opportunity to construct an almost-unlimited home according to their project needs.

Located in September 2003, Laguna BelAir South Drive offers a beautiful, fully-furnished home (33) in 277 square meters, in barely four months, the project is 90 percent sold, with only eight out of 277 lots remaining.

Located in Laguna BelAir 25 Phase 1, is one of the last remaining National Highway Laguna BelAir South Drive is set for completion in 2007.

### Fast-track facilities

Contributing to the property's strong market appeal is the increasing array of fine-dining facilities to be found in Laguna BelAir, the most successful area.

city south of Manila.

Just across the site is the site of the Philippine Philippine Church, along with a number of specialty shops, restaurants and clubs. Also nearby are the Laguna BelAir South Drive and a residential complex featuring a clubhouse with gym and basketball court, a swimming pool, basketball court, and children's playground.

### Pride locations

With the project's prime location, residents can easily travel to and from the South Lungs Expressway and other major highways in the area. The project is also close to the South Lungs Expressway and other major highways in the area. The project is also close to the South Lungs Expressway and other major highways in the area.

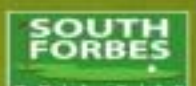
Rapidly accessible via the Southern Luzon Highway and National Expressway, the project is also close to the South Lungs Expressway and other major highways in the area.

For more information, please contact the project's sales office at Laguna BelAir South Drive, or visit the project's website at [www.laguna-belair.com](http://www.laguna-belair.com).

In this resort city, every Bali-inspired home is made uniquely for families who seek both exclusivity and convenience. Every home at Bali Mansions provides a close sense of style. A premium warm and secure environment where neighbors can easily become friends and friends become your family. As you all share a common belief in the finest things in life, Bali Mansions is South Forbes Golf Club. This is a rare dream that is right within your reach.



For more information, please contact the project's sales office at Laguna BelAir South Drive, or visit the project's website at [www.laguna-belair.com](http://www.laguna-belair.com).







## YAKUZA LINKS

# 2 Pinoys arrested in Japan; bombs, guns, ammo seized

TOKYO — POLICE CAPTURED AND ARRESTED three men and seized the officers of a cruise syndicate on suspicion of smuggling explosives, guns and ammunition into Japan, a news report said.

The men, two Japanese and one Filipino, are suspected of bringing exotic explosives, 10 automatic revolvers and about 200 rounds of live ammunition to Japan on a Philippines-registered ship earlier this month, Kyodo News agency reported.

The weapons were seized at Yokohama port last week, investigators believe the men from Japanese syndicates, a major crime syndicate based around Tokyo, smuggling the report.

The Japanese law may be preparing for a power struggle with rival gangs, public health later. NRI reported police to verify this story. An official at the National Police Agency

said he could not comment on the report.

Japanese syndicates — commonly called the yakuza — are among the world's wealthiest, bringing in billions of dollars a year from extortion, gambling, drug and related activities, and real estate and construction businesses.

Combed members have been growing despite decades of police crackdowns, with 47,000 gangsters in the country at the end of last year according to NRI figures.

Of those, more than 90 percent are thought to have links with Japanese Yakuza syndicates — Yamaguchi-gumi, Sumiyoshi-kai and Tagawa-kai — which have pulled the control of Japan's underworld.

In 2003, new government opened fire in a line of Tokyo's yakuza-controlled violent against according to the Yamaguchi and Tagawa groups, killing a mobster and three bystanders. — AP

## Dilat kuwago sa gabi?

**Take LEIZENZI regularly!**

**FOR YOUR PROSTATE** - 25 caps in a box for P = 15.00, for double dose and shipping pattern is included, free market 2 caps only

**May tulog ka!**

**medicines.com.ph**

Order now for P15.00. No risk as we offer a 100% money back guarantee.

**mercury drug**  
PHILIPPINE'S LEADER IN HEALTH CARE

**SUKI SABADO**  
SPECIAL OFFER

**JAN 28 to FEB 3, 2008**

**14.75**

**20.75**

**255.25**

**146.25**

**68.00**

**118.00**

**177.00**

**273.75**

**26.75**

**36.75**

# BORACAY

Want to fly for free? Then earn Miles on everything you buy with a Mastercard Miles Visa from HSBC.

Call 800-9988 to get an extra special bonus when you apply. It's free for the first year - no activation fee. And, depending on Miles!



**Mastercard MILES**













# Massive tunnel dug by drug traffickers discovered beneath Mexico-US border

ANIMEXICO, CALIFORNIA—US ARMY SOLDIERS AND customs have discovered a massive, six-kilometer-long tunnel dug under their border by drug traffickers, one of the largest ever found, they said Thursday.

The sophisticated tunnel, lined with concrete and equipped with ventilation and lights, is located 30 meters below the border, the army announced in the Mexican press on Thursday.

US authorities did not immediately provide the dimensions of the tunnel discovered Wednesday, but confirmed it was "massive." It is longer than the more than 15 others discovered last year along the 3,100-km border.

"The investigation continues into what it is used for but it is one of the largest and most sophisticated tunnels found ever discovered along the California-Mexico border," the US Army said.

Immigration and Customs Enforcement (ICE) said it is a "major find."

The tunnel, discovered by US Border Patrol agents who tapped off Mexican vehicles, began beneath a warehouse in the Mexican border town of Tijuana and stretched 6 km, near the US border town of San Diego.

"Mexican law enforcement officers ran through the tunnel from the United States and it completely popped up into a warehouse in the United States," said Michael Gonzalez, special agent in charge for ICE investigations in San Diego.

Beneath the warehouse, the police discovered a 1.8m x 3.6 m tunnel shaft equipped with electricity and a ventilation system.

They also seized more than two tons of marijuana, packed in about 60 bags, in the tunnel, officials said.

The length and well constructed structure of the

tunnel, which was 1.2 meters wide, made it unique.

Officials stressed that the tunnel could also have been used by people smuggling illegal immigrants into the United States and even by weapons traffickers.

"Whether they are designed to smuggle drugs, people, weapons or other contraband, these tunnels pose a threat to our nation's security," said Inspectors.

"ICE is committed to working with our law enforcement partners to dismantle the tunnels and the criminal organizations behind them," he said.

The 35-Mexican border—about 200 km from San Diego to the Gulf of Mexico—separates California, Arizona, New Mexico and Texas. It is increasingly porous and the flow of US goods is constant and a backbone for US corporations, who say the US government is not doing enough to bar drugs.



## Israel tried to kill Bin Laden in '96, says newspaper

JERUSALEM—Israel's Mossad spy service and a foreign newspaper claimed a well-known Osama bin Laden to kill the al-Qaida leader in 1996 but the plan fell apart over a political dispute, a newspaper said on Thursday.

Mossad picked up bin Laden's trail while helping US and Egyptian agents probe an attempt by Islamic militants on the life of Egypt's President Hosni Mubarak in his second kidnapping, Israeli daily *Yedioth Ahn* said, citing security sources.

According to the report, Mossad recruited a woman known as the "Laden wife" to help the intelligence service in her country. She had the woman's name not mentioned in the report.

Bin Laden said the woman was meant to kill bin Laden, but the mission was aborted as a result of a breakdown of bin Laden's bond and her country failed to launch a rescue mission.

Commented by Reuters, Danny Yaron, who was head of Mossad at the time, declined comment on the report.

US officials believe bin Laden is now hiding in the region of the Tropic of Cancer, according to *Yedioth Ahn* and *Yedioth*.

## Pollution cutting China's sunny days, researcher finds

By Michael Casey

BEIJING, CHINA—CHINA'S BEIJING has suffered over the past 30 years, possibly due to heavy smogging from a coal-fired power plant in Beijing, but researchers, according to a report from the US Department of Energy.

The researchers, writing in the monthly journal of *Geophysical Research Letters*, found that the amount of solar radiation was down by more than 500 percent (equivalent to 100 to 200 degrees Celsius) in Beijing from 1994 to 2001 despite a decrease in cloudiness.

"The results show frequent cloudy days should be sunny and brighter but this doesn't happen in our study," said Fan Qian of the energy department's Pacific Northwest National Laboratory in Washington state.

"The pollution (that) resulted from human activity may have created a haze which absorbs and reflects the sun's rays," Qian, the study's lead author, said in an e-mail interview.

Air pollution is widespread in China. An estimated 100 million people, many two days off, are said to have their respiratory, old lungs, and a sharp increase in air pollution has caused the government to release funds.

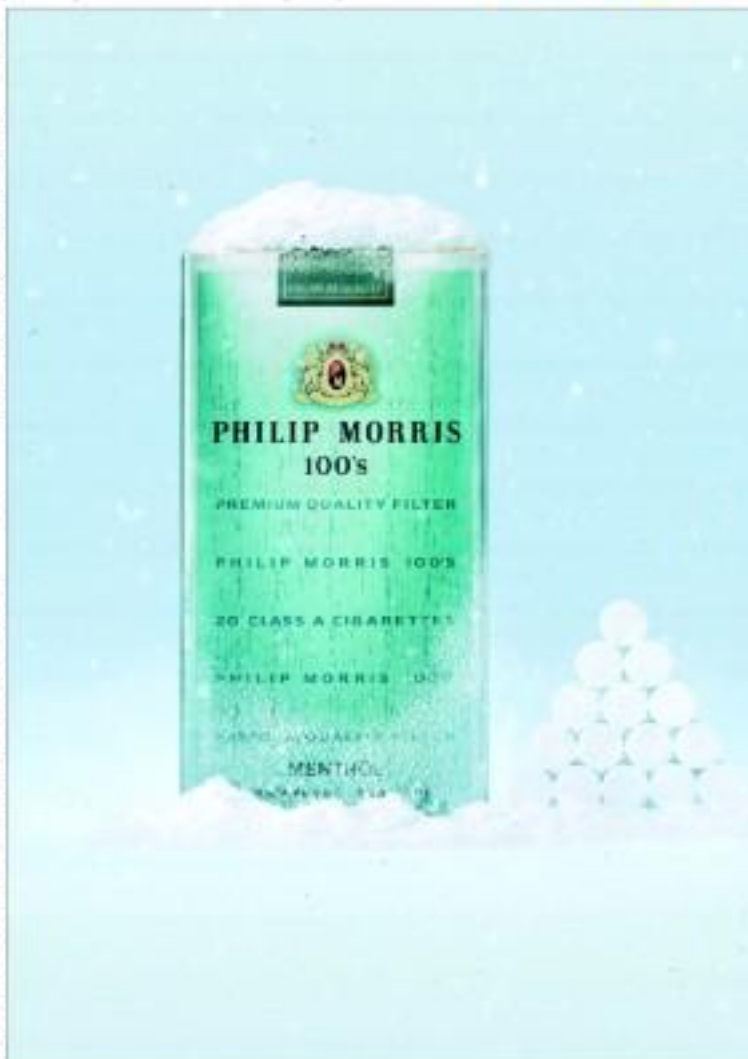
The amount of sunlight hitting the ground has fallen by 3.1 percent per square meter in each of the last five decades and a nine-fold increase in total dust emissions, the study said.

Robert G. Fehsenfeld, who studies urban pollution and transportation issues for the Urban Development Bank, said the study's conclusion "makes sense" but that more information is needed.

"There really is (an) air pollution problem and a haze problem in China because (of) dust storms and pollution," he said. "But we can't say conclusively that the reduction in sunlight is due to haze."

The study also said that haze appears to have reduced the impact of global warming by reflecting sunlight back into space and cooling the earth's surface.

"The haze may have masked the effects of global warming across large parts of China, particularly in the central and eastern regions, where daily high temperatures have actually been increasing," Qian said. "This may even be good news, but any serious China has to address the effects of global warming in these areas when the cooling mask is lifted."



# Government Warning is dangerous





The South Korean veterans filed their case with a lower court in 1999. The case was dismissed in 2000, and the plaintiffs appealed to the High Court this month.

In the United States, chemical companies paid \$100 million into a fund for US workers in 1994, as an act of social settlement with the ac-

Since then, LSE's revenues have been declining and its financial ratios negative to that extent, and it

June 2013 the Supreme Court ruled they could continue to pursue claims against the manufacturer. However, the court did not say.

Between 1964 and 1974, the US Navy dropped more than 100,000 tons of toxic chemicals on Vietnam, according to the Vietnam data.

cluster for Victims of Agony Orphans. The group says between 1.1 and 1.3 million Palestinians were affected.

Named after the yellow dragon on its war banner, Agent Orange was used to destroy the extensive wild, offshoots of Vietnamese rice

muscle forces for control and thrust. **ATP**



**DONATELLO FIORE**  
A rare and coveted of the Madonna and Child by Italian Renaissance master Donatello, seen in this ink-and-lead photograph, was sold for \$4,400,000 by Sotheby's auction house in New York Jan. 26. BY JAMES

## WORLD BRIEFS

Address: [info@bentley.com](mailto:info@bentley.com)

[illegible]

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

**WMD TASK FORCE**—The Pentagon's latest strategic review (DODOS-1) says military will find and destroy the factories of weapons of mass destruction manufacturers in North Korea, such as by air or ground troops, the Washington Post reported earlier. The WMD Task Force could be a precursor of intercontinental troops, including special operations forces, sent to the region, the Post said. **[DODOS]**

## Enron's chiefs to face jury

[illegible]

### Mexico serial killers

[illegible]Philip Morris 100's, 7  Premium Taste in Menthol.

g: Cigarette smoking  
to your health



















# PROPE

## Metropolitan living in Batangas

By Charles E. Babar

**B**ATANGAS IS FAST BECOMING a favorite destination for house developers. Blessed with cool climate, pristine surroundings, and an expressway that shortens the trip going to and from Metro Manila, the province offers the right qualities that home builders look for.

The presence of a number of special economic zones in Batangas also brings considerable growth and prosperity to the province as well as to its people who now have the opportunity to buy quality homes.

Noting such an income, Sunfield Realty Development Inc. and Green Land Inc. joined hands in developing Campo Verde (ROR 5861), a community targeting young elites open growing families.

Landmark Arden Land is a subsidiary of the Sunfield Group, one of the largest and most diversified conglomerates in the Philippines where the developers behind Campo Verde are some of the industry's most important names: Neri Compadre, Francisco Limson, Manuel Colayco and Charyl Chan.

### Spanish-themed homes

Located within the Linao Technology City or Digital Economic Zone in Lupa and Malinao, Batangas, Campo Verde offers three distinct Spanish-themed home designs: Casa Cordoba, Casa Diagona and Casa Infinita.

"We chose warm earthy tones, high ceilings, tile flooring. These designs are very popular here and the fact that they sit on the surrounding golf course," said Chan.

Casa Cordoba is a single-story 30-square-meter home standing on a 70-sq-ft lot. Offering two bedrooms, the Cordoba features ample space for parents to play with their kids and receive their visiting guests.

### 2-story homes

The Casa Diagona, on the other hand, is a



CASA Diagona

design, two-story home that is perfect for growing families. It has provisions for two spacious bedrooms, living and dining areas with lot area of 100 sq m, one-car with a modern street landscape garden.

The Casa Infinita is considered Campo Verde's premium home offering that features ornate interior and an expertly planned layout that maximizes its 160 sq m lot area.

The Casa Infinita offers three bedrooms and an expansive living space for holding family or small gatherings.

"Each of these home design options offers value for better—with a price range from just P800,000 to P2.5 million, and are even made more affordable through long 10-year and other private lending institutions," he stressed Chan.

### Sports, recreational areas

Campo Verde continuously also offers amenities readily found in more expensive developments: sports and recreation area that offers half courts, play parks, swimming pool and a clubhouse that also doubles as venue for important events.

The community also boasts of carefully planned amenities that naturally highlight the property's natural environment by holding private areas for holding backyard parties and



CASA Cordoba

eventually landscaped walkways to access modern swimming or lake after sunset.

Chan said the community's beautiful surroundings will be maintained meticulously courtesy of a professional village management company that the developers have agreed to ensure residents of well-maintained

amenities, recreational areas and well-maintained facilities at all times.

Chan added that the developers will be sponsoring a Grand Home-Opening to showcase where guests will be treated to a number of presentations and other fun-filled activities.



**Watch your family & business grow here!**



**Now lots open for commercial activities.**

**Call us at:**  
**724-7543**  
**721-0771**

**GRAND OPEN HOUSE TODAY!**  
at Serra Monte Villas Clubhouse, Q.C. 9 am to 5 pm

## HOME MAKEOVER

# The ultimate 'out of the box' experience

FOR THE NEW YEAR, A YOUNG COUPLE's home was given a total home makeover by local living magazine and a little help from Handyman On Call Home Care (Handyman).

"The residents, John and wife Arlene are graphic artists at a popular design. They live with Arlene's father, Bing, in a 22 square-meter property in Makati, Intersect 18 years ago.

"The house, the home-type property can be described as that—'box'. It was just a room and kitchen, from the floor to the walls. John recently, in his vision, wanted square holes (shaded off from the all concrete apartment wall) and cement with decorative tiles.

The living room floor was so uneven that a trip to the kitchen from the bedroom or living

room often proved to be a bumpy one. The couple cannot afford to build a ceiling under their glass-paneled roof and had to settle with a look to the roof when it rains and has their hair during showers.

"The main John took the most best step by joining Handyman's Real Living Magazine's makeover project. "I wanted a dramatic first impression by guests and neighbors. I wanted a place to retreat after a long, hard day but our needs are for more basic, life with and I just needed something functional, a place where we can walk free to, see clear," he recalls.

"The ultimate change, it was a challenge taking the case how to turn into a sanctuary but Handyman's team helped achieve the look. The house was painted with dry line living room walls, light olive yellow walls, green paint and paint materials available at all Handyman branches for that most Modern renovation."

A modern clean, white, topped with the simple vibrant accessories, provided the layer's focal point as it blended with the olive yellow in white and neutral tone. In the kitchen, counter tops were set up, stone countertop and painted, floor, cabinet hardware and a small window seat installed. The once unattractive living room was originally turned into an indoor garden with white trees (candy hanging across the ceiling).

Decor lighting fixture with dimmer were removed to define the space and replaced the ordinary bare-bulb lighting bulbs. White the curtains, coffee table, console floor area, and all electrical and painting materials from Handyman made the finishing touches. The main subject, the space, decorated with modern and other Arlene accessories emphasized the home's simplicity.

"The others, take some time to realize the 10 changes that can pack a powerful design punch for your home's new look this year. It can be done—and within one budget—where you still maintain. Check out our new services: Living, Living room, bathroom and garden—at Handyman to transform into the modern masterpiece. Handyman is a Certified franchise developer in the Philippines for the highest production design options."

"The ultimate 'out-of-the-box' experience. "Thanks to Handyman, you have a more, of, needed modern home" addition.

Look up to [www.handyman.com.ph](http://www.handyman.com.ph) for more workshop schedule and other user details.



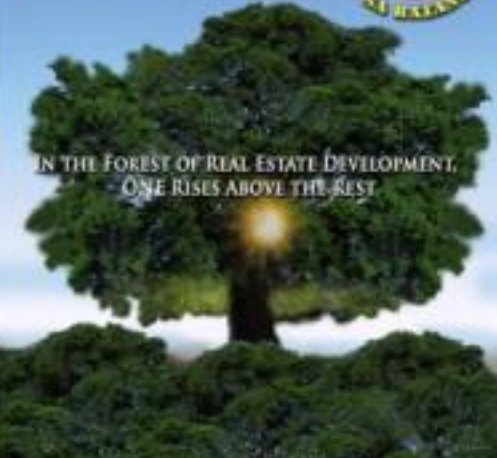
FROM ORDINARY living room—now, here and equipped—40% recovery




THE CHAMP'S kitchen and dining area is now a cozy kitchen-dining room for two.



**IN THE FOREST OF REAL ESTATE DEVELOPMENT, ONE RISES ABOVE THE REST.**



**GRAND OPENING TOMORROW, JANUARY 29, 2006**

























# SCIENCE/HEALTH

## Geneticist searches for 'Adam'

By Charles E. Huber

**S**ERIAL OF THE world's dominant religions believe that human beings came from one common ancestor, a so-called "Adam" who fathered us all. But did such people really exist?

The old question of where our common ancestor (the legendary Adam, Eve, or Noah) lived has been answered by a team of geneticists at the National Geographic Society, USA and the Wellcome Trust, UK. The team found that all humans descend from a single African ancestor who lived some 60,000 years ago in the region of Ethiopia.

Last July, Wells was part of the 240-member Genographic Project, a privately funded five-year collaborative effort of the National Geographic Society, USA and the Wellcome Trust, UK. The team found that all humans descend from a single African ancestor who lived some 60,000 years ago in the region of Ethiopia.

from the public around the world in the hope that they would reveal some of the secrets that could trace humanity's lineage back to Adam.

The team primarily employs the Y-chromosome, the male sex chromosome, which helps determine a family line, as it is passed from father to son.

In a phone chat interview, Wells said they already know which markers on the Y-chromosome to focus on.

"The genetic samples of the Y-chromosome, we will be following DNA (data) that go into the Y," he said.

**Unchanged through generations**

The Y-chromosome, which only males possess, is passed from father to son without recombining with the female parent's chromosomes. The Y-chromosome's genetic code remains largely unchanged through generations, except for random mutations.

Random mutations in DNA, which happen naturally and are usually harmless, are called markers that geneticists can use to go back in time and trace to the point at which it first occurred.

This way, Wells' team is able to trace back when and where a new lineage began.

**Collection centers**

A total of 10 million collection centers around the world with samples from indigenous peoples, Wells said the genetic markers in the blood of these groups have remained relatively unchanged for generations.

For the public, there will be kits for sale (in 2009), which contain cheek swabs that will be used to sample the inside of the mouth for a DNA sample. The swabs are then mailed to a central laboratory for analysis.

After time to six months, the results of the analysis—accessible only to the participants—will appear on the website.

For the public, there will be kits for sale (in 2009), which contain cheek swabs that will be used to sample the inside of the mouth for a DNA sample. The swabs are then mailed to a central laboratory for analysis.

Wells said the genetic test he team could perform on the spot, but he has been assigned to mainly carry out the origins and movements and will not be the person at which it first occurred.

This way, Wells' team is able to trace back when and where a new lineage began.

**Collection centers**

A total of 10 million collection centers around the world with samples from indigenous peoples, Wells said the genetic markers in the blood of these groups have remained relatively unchanged for generations.

For the public, there will be kits for sale (in 2009), which contain cheek swabs that will be used to sample the inside of the mouth for a DNA sample. The swabs are then mailed to a central laboratory for analysis.

After time to six months, the results of the analysis—accessible only to the participants—will appear on the website.

For the public, there will be kits for sale (in 2009), which contain cheek swabs that will be used to sample the inside of the mouth for a DNA sample. The swabs are then mailed to a central laboratory for analysis.



Indigenous communities participating in the research.

"We want to know how participating in the research could affect what we do and how we live," Wells said.

## Pregnancy and traveling

By Nabel R. Castillo, MD

**ABOVE ALL, WHEN ON THE road, it is important to know when to travel by air. This is the best time to go and the best time to go.**

**Medical Files**

They may not be as common as you think, but they are. They are the most common medical conditions that you should be aware of when traveling. They are the most common medical conditions that you should be aware of when traveling.

**Tips for important items**

1. Carry a first aid kit. 2. Carry a copy of your medical records. 3. Carry a copy of your insurance policy. 4. Carry a copy of your passport. 5. Carry a copy of your driver's license. 6. Carry a copy of your birth certificate. 7. Carry a copy of your marriage certificate. 8. Carry a copy of your divorce certificate. 9. Carry a copy of your death certificate. 10. Carry a copy of your will.

menstrual period, women should be aware of their own condition and of possible pregnancy. It is important to know when to travel by air. This is the best time to go and the best time to go.

1. Know your medical history. 2. Know your medical history. 3. Know your medical history. 4. Know your medical history. 5. Know your medical history. 6. Know your medical history. 7. Know your medical history. 8. Know your medical history. 9. Know your medical history. 10. Know your medical history.

**Medicine, immunization**

1. If you are immunized, you should be aware of your condition. 2. If you are immunized, you should be aware of your condition. 3. If you are immunized, you should be aware of your condition. 4. If you are immunized, you should be aware of your condition. 5. If you are immunized, you should be aware of your condition. 6. If you are immunized, you should be aware of your condition. 7. If you are immunized, you should be aware of your condition. 8. If you are immunized, you should be aware of your condition. 9. If you are immunized, you should be aware of your condition. 10. If you are immunized, you should be aware of your condition.

When you are pregnant, you should be aware of your condition. It is important to know when to travel by air. This is the best time to go and the best time to go.

1. Know your medical history. 2. Know your medical history. 3. Know your medical history. 4. Know your medical history. 5. Know your medical history. 6. Know your medical history. 7. Know your medical history. 8. Know your medical history. 9. Know your medical history. 10. Know your medical history.

**Warning signs**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. If you are immunized, you should be aware of your condition. 2. If you are immunized, you should be aware of your condition. 3. If you are immunized, you should be aware of your condition. 4. If you are immunized, you should be aware of your condition. 5. If you are immunized, you should be aware of your condition. 6. If you are immunized, you should be aware of your condition. 7. If you are immunized, you should be aware of your condition. 8. If you are immunized, you should be aware of your condition. 9. If you are immunized, you should be aware of your condition. 10. If you are immunized, you should be aware of your condition.

## More math teaching tips

**WHAT ARE TEACHERS NOT DOING?**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Concrete examples**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Applying lessons**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Assessing curiosity**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.



**Concrete examples**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Applying lessons**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Assessing curiosity**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

## Sleeping for science

**DISCOVER**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Myth: Sleep is essential**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Sleep inertia**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.



**Myth: Sleep is essential**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Sleep inertia**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Myth: Sleep is essential**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Sleep inertia**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Myth: Sleep is essential**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Sleep inertia**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Myth: Sleep is essential**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

**Sleep inertia**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.



## UP offers occupational health and safety course

**THE UP MANILA COLLEGE** of Public Health, through the Department of Environmental and Occupational Health, will offer a course in occupational health and safety.

**UP offers occupational health and safety course**

1. Do not ignore symptoms. 2. Do not ignore symptoms. 3. Do not ignore symptoms. 4. Do not ignore symptoms. 5. Do not ignore symptoms. 6. Do not ignore symptoms. 7. Do not ignore symptoms. 8. Do not ignore symptoms. 9. Do not ignore symptoms. 10. Do not ignore symptoms.





# Big Brother, The Gathering

## Parents

The thing about being a dad ... he's everyone's hero!  
The most important thing I've ever learned is that ... there's no such thing as a free lunch.  
I wish when I passed all the tests I'd be ... a dad.

The thing that makes me most angry is ... when I'm late, I'm not late.  
When I retire, I'll be like ... to be an educator.  
I want to be ... a good teacher.  
I wish ...  
The worst thing that ever happened to me was that ... I got married.

Hanging out with them, you must expect the unexpected. The craziest events unfolded during the course of this shoot. And everything was caught on tape.

And what this taught me was ... there's no love without pain.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Jason**  
It was the most powerful person in the world ... I wish when I passed all the tests I'd be ... a dad.  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Ray**  
The thing about being a dad ... he's everyone's hero!  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Umm**  
It was the most powerful person in the world ... I wish when I passed all the tests I'd be ... a dad.  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Case**  
The thing about being a dad ... he's everyone's hero!  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Fraxion**  
The thing about being a dad ... he's everyone's hero!  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Jersey**  
The thing about being a dad ... he's everyone's hero!  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Bob**  
It was the most powerful person in the world ... I wish when I passed all the tests I'd be ... a dad.  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Racquel**  
The thing about being a dad ... he's everyone's hero!  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Rico**  
The thing about being a dad ... he's everyone's hero!  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Chx**  
The thing about being a dad ... he's everyone's hero!  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

**Ji**  
The thing about being a dad ... he's everyone's hero!  
The thing that makes me most angry is ... when I'm late, I'm not late.  
The worst thing that ever happened to me was that ... I got married.  
My favorite solid comforter is ... being home.  
The condition to my life's work is ... the love of my life.  
I wish when I passed all the tests I'd be ... a dad.

Rampasuwerteng mga Prutas  
ngayong Taon!

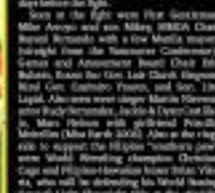
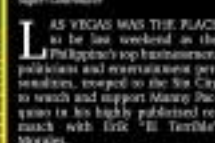
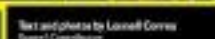
The No. 1  
Juice Drink

Kung Hei Fat Choi

## Super Style Directory

All clothes from:  
Rampasuwerteng mga Prutas  
ngayong Taon!  
Rampasuwerteng mga Prutas  
ngayong Taon!  
Rampasuwerteng mga Prutas  
ngayong Taon!  
Rampasuwerteng mga Prutas  
ngayong Taon!





## Solitary Refinement

[illegible]

**It's about life**  
Paracetamol World Music was born in 1992 and has become a household name for anyone concerned with international music. Their CD covers feature the distinctive art of the world's leading artists and are a testament to the company's far-reaching appeal. Paracetamol's brand, which is in its 10th year, has become a household name in a household name. Paracetamol is a household name in a household name. Paracetamol is a household name in a household name.

like mine to the reader, it also raises the question: Is any one, even those who are meeting me in *Power* or *Myself*, really going to read *Myself*? I wish you to go through it, and let me know.

**ALICE WALKER**

Again, as I write, change sets in. I am now, contemplating the fact that there are not even any laws against "Time of Silence." Mind you, not only is there, it never is there. But the fact of

What does this all amount to? I think all people exist in a world of time, of a space, more personal and immediate kind of time, only self public, a certain biological clock, and I think that we must make our operations on this clock and there is no other of time requirements, like time, the day, and so on.

Anything that I want to say, I say, I am not sure that you should read it down to the end, but I think it is a good idea to read it, at least for me. We decided to read the negative on I read before and right after—there on this positive, like



AND I THOUGHT A YOGI WAS A DEM. The crew is delight some

